

# Middle Dural News

**Wishing you all a Safe and Happy Holiday break.**

## Sydney North PSSA Championship

Well done & congratulations to Jordan, Lai, Steven and Hunter who came 2nd in the Mixed 8-13 4x100 Metre Bagley Relay at the Sydney North PSSA Championship yesterday. They have qualified to go to the next level - State!!



**Thankyou Middle Dural RFS for burning our wood pile on the weekend, we are so grateful**



**We would like to acknowledge the traditional custodians of the land we stand on- Dharug land.**

**We pay our respect to the elders of the past, present and emerging.**

**We are connected to country- our home.**

**We care for the land, the plants and the animals.**



# Writers Camp

**Elliot, Sally and Karter have arrived at Brewongle for Writers Camp.**

**A unique and highly valued opportunity for students who are identified as motivated and talented writers, to participate in writing workshop and inspiring and fun activities.**



**Our newest members of Middle Dural Public School- meet Coco, Sunny and Cloudy. Our Chicken Club leaders are Al and Elliot and they have taken on the responsibility of caring for our chickens with great enthusiasm and commitment. They even conducted a survey and then a vote to decide on names for our chooks.**







## **Beautifying the School with Mrs Clare**

**The children enjoyed planting some lovely natives in our front of office gardens, we are looking forward to seeing them grow.**



## **Assembly**

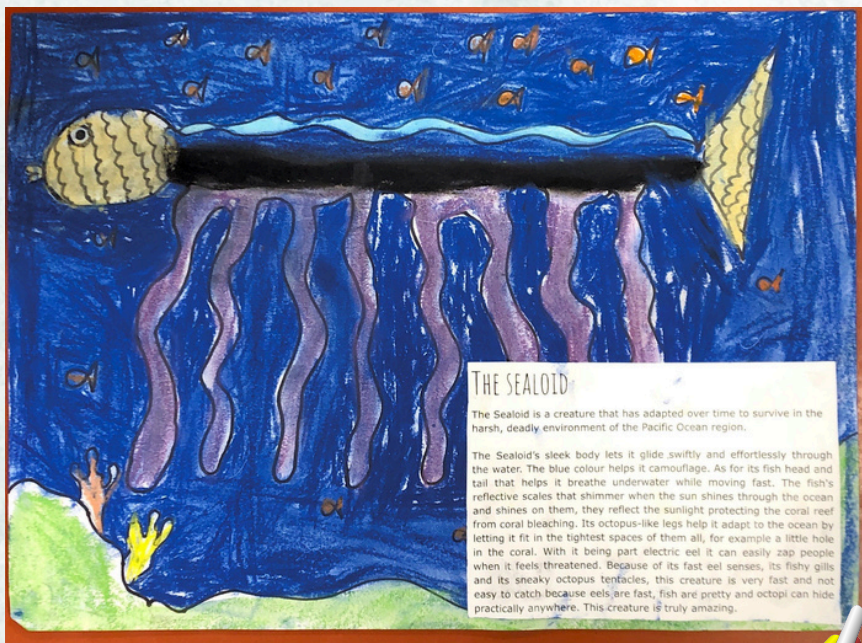
**Well done to all our students who received awards at our recent Assembly.**

**K-2 showcased some amazing writing  
and  
3-6 showcased their animal adaptations drawings**

**Assemblies are held in the school hall on weeks 4 and 8 of each term on Thursdays commencing at 2.30pm. Children present work and are recognised for their individual achievements through the presentation of Merit Certificates. Parents, Carers, Grandparents and friends are welcome to attend.**

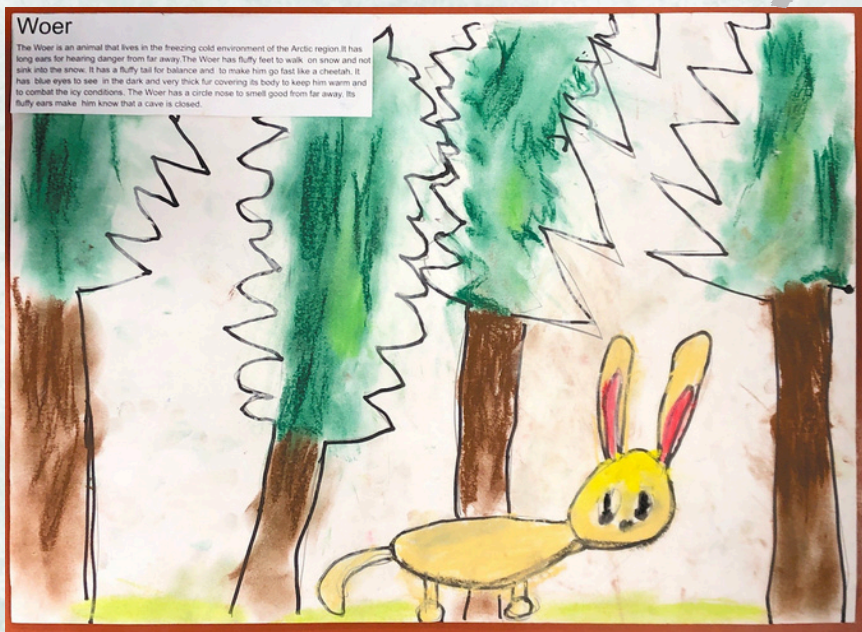




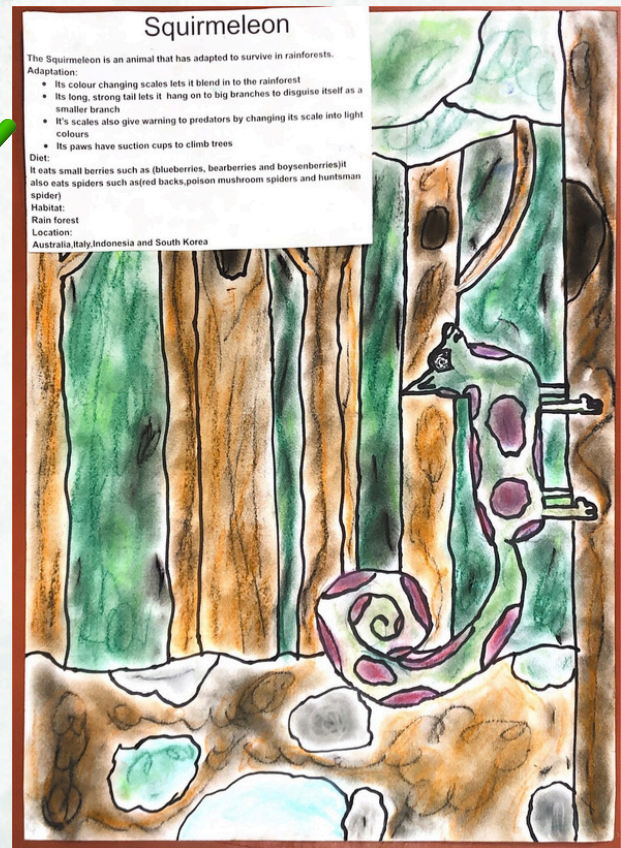


**Sally**

**Stage 2 and 3 have been researching animal adaptations as part of their integrated unit and creating their own creatures with adaptations to thrive in particular environments.**



**Enea**



**Lai**

**A sample of writing from 3-6. Jude has created a poem about the classroom and Al responded to a visual stimulus.**

**Last night I saw the classroom chattering  
the air fan blowing happily.  
Windows quietly chattering  
As they open and close.**

**Last night I saw the classroom jumping.  
The books were flapping and fluttering  
Excitedly across the bookshelf.  
Pages folding into origami.**

**By Jude  
Year 3**

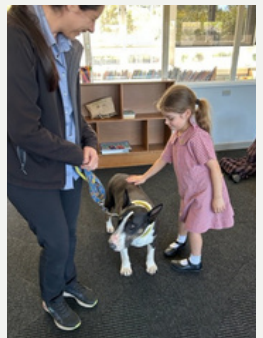
**The great griffin sat on top of a cliff. Griffins  
are marvellous creatures of great wisdom and  
power. But the griffin sat and waited for  
someone to conquer him and take his power,  
spirit and mind. He has been waiting for a  
lifetime, waiting for a worthy foe. Many people  
have tried to face the beast, but all have  
failed. One person was worthy, his name was..**

**By Al  
Year 5**





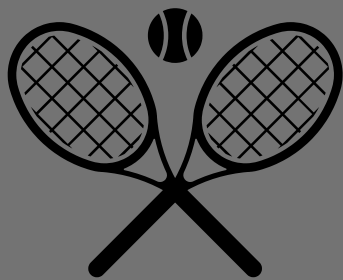
**Living Safely with Pets Program**  
**Thanks to Dominique and her pet dog Joker for coming to teach K-2 how to be safe around dogs and what it means to be a responsible pet owner.**





# Upcoming Events

**Tuesday  
Sport  
Weeks  
1-10  
Tennis**



**Writers Camp at  
Brewongle  
24-26th September**

**Movie Excursion  
Friday 27th September**

**Year 6 Fundraiser  
50c Zooper Doopers  
Tuesdays & Thursdays**

**Library  
K-2 &  
3-6  
Thursdays**



## Term 4 Dates

- State Election BBQ Sat 19th Oct.
- Swimming and water safety program 25-29th Nov
- Year 6 camp 4-6th Dec
- Disco 6th Dec 4.30-5.30pm
- Presentation Night Monday 16th Dec 6-8pm

**School  
Assembly  
Thursday  
7th November  
2.30pm**

774 Old Northern Rd,  
Middle Dural  
NSW 2158  
Before and After School  
is available For pricing  
details ring Silvia Li.  
Ph: 9651 2550



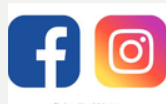
COME AND JOIN  
**Tiny Dreamers  
Childcare**  
Glenorie



## P&C Meeting

**Tuesday 15th October  
@ 6.30pm - Everyone Welcome**

**Canteen Fridays- volunteers are always appreciated.**



**Follow us on Facebook- Middle Dural PS  
Follow us on Instagram- middle.dural.ps**





Galston & District

# Making good things happen

When you bank with us, profits pour into the community. \$3,414,378.77 so far.

A bank giving back sounds unusual. For us, it's business as usual.

Find out more. Call us on 02 9653 2227 or search Bendigo Bank Galston.



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# IGNITE MUSIC GROUP CLASSES

IGNITE MUSIC PRESENTS:  
JUNIOR, SENIOR AND ADULT CLASSES



## AFRICAN DRUMS

Wednesday Evening

## MUSICAL THEATRE

Tuesday Evening



## DRAMA

Tuesday Evening

## BIG BAND

Tuesday Afternoon



## CHOIR

Thursday Evening

And so much more, book your FREE trial class.

02 9651 5804

admin@ignitemusic.com.au  
3/280 New Line Road, Dural

## FAMILY FUN DAY!

Free activities for children up to 12 years

at the Parliament of NSW

Visit Australia's oldest Parliament to learn about democracy in NSW, and join in the fun for young citizens, future leaders and their families.

Friday 11 October 9.30am - 3pm

Visit our heritage rooms

Learn how to vote and make a law

Give a speech for an election campaign

Participate in a committee role play

Make craft animals and objects

Enjoy live music and more...

FREE ENTRY  
Activities 9.30am to 3pm

LOCATION  
Parliament of New South Wales,  
6 Macquarie Street  
Opposite Martin Place  
The public café will be open.

BOOKINGS ESSENTIAL

P: (02) 9230 2047 or  
E: dps.education@parliament.nsw.gov.au

## Time saving tips for lunchboxes

The before school rush can have us reaching for sometimes foods.

With a little extra planning you can make it easier to grab an everyday option.

Try:

- Cutting up extra vegetables at dinner ready to pack in the morning
- Cutting up reduced fat cheese cubes in bulk on the weekend ready to pack with some crackers for the week
- Swapping from packaged chips to packaged air popped popcorn

Use our handy [lunchbox planner](#) to plan out everyday lunchboxes for the week.

**Drink**  
Water and/or reduced fat plain milk

**Lunch**  
A meal made with everyday foods, such as a sandwich, wrap, salad, pasta or rice dish

**Recess**  
Vegetables or fruit + 1-2 everyday snacks

**Veg & Fruit Break**  
Vegetables or fruit

Find more tips for saving time on the SWAP IT website: <https://www.swapit.net.au>



A TURBO CHARGED LEARNING ENVIRONMENT



# PRE-XMAS SKILLS DEVELOPMENT PROGRAM

JOIN OUR NEW PARTNERS **ECSS** MONDAY AFTERNOONS IN TERM 4

**DURAL PUBLIC SCHOOL**  
622 OLD NORTHERN RD.

MONDAYS  
OCT 14TH - DEC 2ND

AGES 5-12 YRS

\$25 PER SESSION  
8 SESSIONS



SCAN ME

WWW.EASTCOASTSOCCERSCHOOL.COM.AU  
INFO@EASTCOASTSOCCERSCHOOL.COM.AU  
0491 443 100



Parliament of New South Wales

**VISIT US AT OUR HOUSE**

Stage 3 Online Interactive Program

2024



Please visit [dartlearning.org.au](http://dartlearning.org.au) to book

*Visit us at our House* is a live, interactive scheduled program based on the History K-10 NSW syllabus for the Australian curriculum: Civics and Citizenship.

Years 5/6 students will learn about the development of democracy in the early colony of NSW, the levels of government and how the bicameral system works to make laws.

**BOOKINGS ESSENTIAL**



SCAN ME

or **CLICK HERE**



To find out more about the *Visit us at our House* videoconferencing program, contact Parliamentary Education and Engagement, Parliament of New South Wales

☎ 9230 2047 ✉ [dps.education@parliament.nsw.gov.au](mailto:dps.education@parliament.nsw.gov.au) or **CLICK HERE**

MORE INFORMATION

[education.parliament.nsw.gov.au](http://education.parliament.nsw.gov.au)

# COACHING THE COACHES WORKSHOP



LEARN FROM THE BEST TO BE THE BEST

COACHES, MANAGERS AND PARENTS ALL WELCOME

DURAL PUBLIC SCHOOL  
MONDAY 4TH NOVEMBER  
5PM - 7PM

## Why Join Our Sessions

- Professional Coaching
- Coaching Development
- Structured Program
- Upskill immediately

## Who Can Join?

- Managers
- Coaches
- Mums and Dads
- Senior Players

Scan to book now



NSW Health



# Multicultural Family Lunchbox Challenge

Show us your creative and culturally inspired healthy family lunchboxes!



Create a short video featuring yourself, your family, or friends preparing a healthy lunchbox.



## Competition

Opens: Monday, 2 September 2024

Closes: 5pm AEST, Friday, 4 October 2024

## Eligibility

Open to NSW Year 6 and high school students.



## Join the Challenge Now!

Scan the QR code to find out more and submit your video.

For inquiries, please contact:

Kym Rizzo Liu - Project Manager  
Prevention Education and Research Unit  
Western Sydney Local Health District  
T. (02) 8890 6505 | E. [kym.rizzoliu@health.nsw.gov.au](mailto:kym.rizzoliu@health.nsw.gov.au)



# Multicultural Health Week 2024

Celebrate culture through food with multicultural family lunchboxes.